

MEMORANDUM

TO: Vermont Mental Health Performance Indicator Project
Advisory Groups and Interested Parties

FROM: John Pandiani
Bill Bagdon

DATE: September 4, 1998

RE: Practice Patterns in the Treatment of Schizophrenia:
Psychotherapy and Other Services

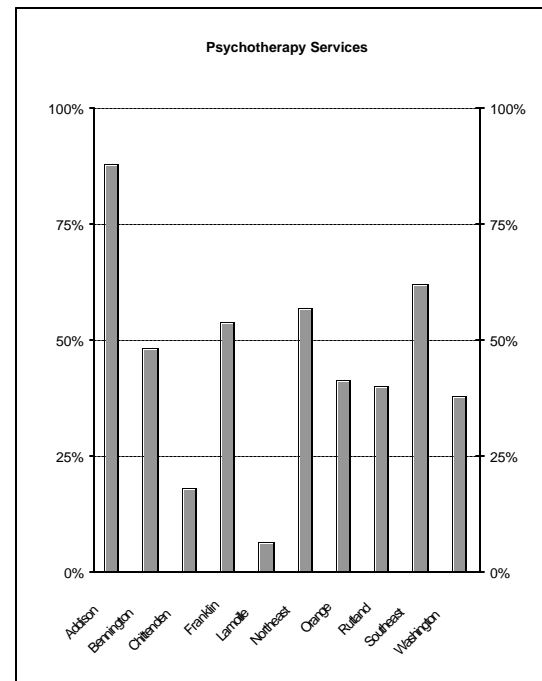
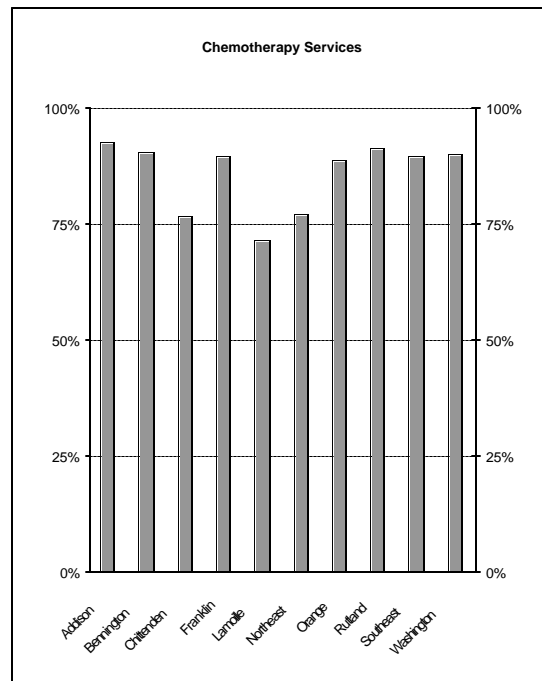
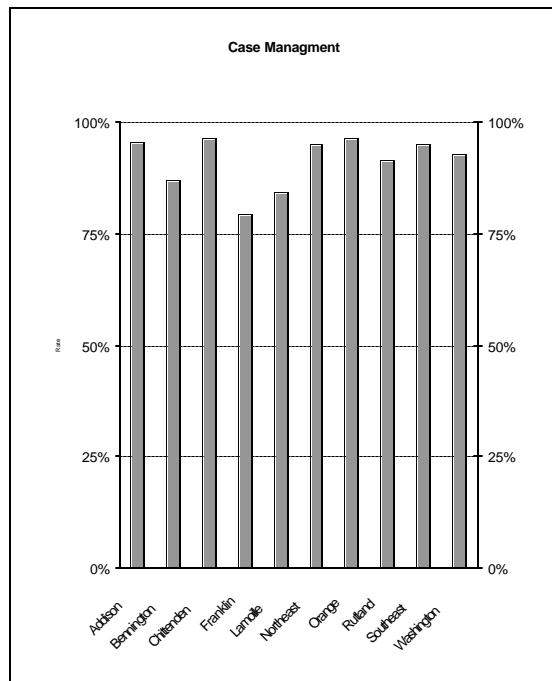
The attached graphs and tables continue our examination of patterns in the treatment of people with a diagnosis of schizophrenia at CRT programs in Vermont. This week we are adding psychotherapy to the data on medication and case management services that we distributed last week. Again, it is important to keep in mind that treatment guidelines include some specific recommendations regarding the type and content of psychotherapy. The analysis we are presenting here compares the proportion of people who receive psychotherapy at different CRT programs. It does not deal with the specific content of that psychotherapy.

As you will see from our first two tables, medication and case management services are provided to many more CRT clients with a diagnosis of schizophrenia than are psychotherapy services. There are, however, substantial differences among individual programs in the proportion of these consumers who received psychotherapy during 1997. Almost 90% of Addison County clients received psychotherapy services compared to less than 10% in Lamoille County. Our historical analysis of psychotherapy rates demonstrates both significant differences among individual programs and a significant decrease in the proportion of CRT clients with a diagnosis of schizophrenia that receive psychotherapy.

The analysis reported on the next two tables reveals substantial differences among programs in the rate at which different combinations of medication, case management, and psychotherapy services are provided to consumers. In 1997, the most common combination of these three services involved the provision of case management and medication services without psychotherapy (43%), followed by a combination of all three services (36%). Again, there were very large differences in the configuration of services provided to people with a diagnosis of schizophrenia at different CRT programs. There were also interesting patterns of change in patterns of care during 1990 through 1997.

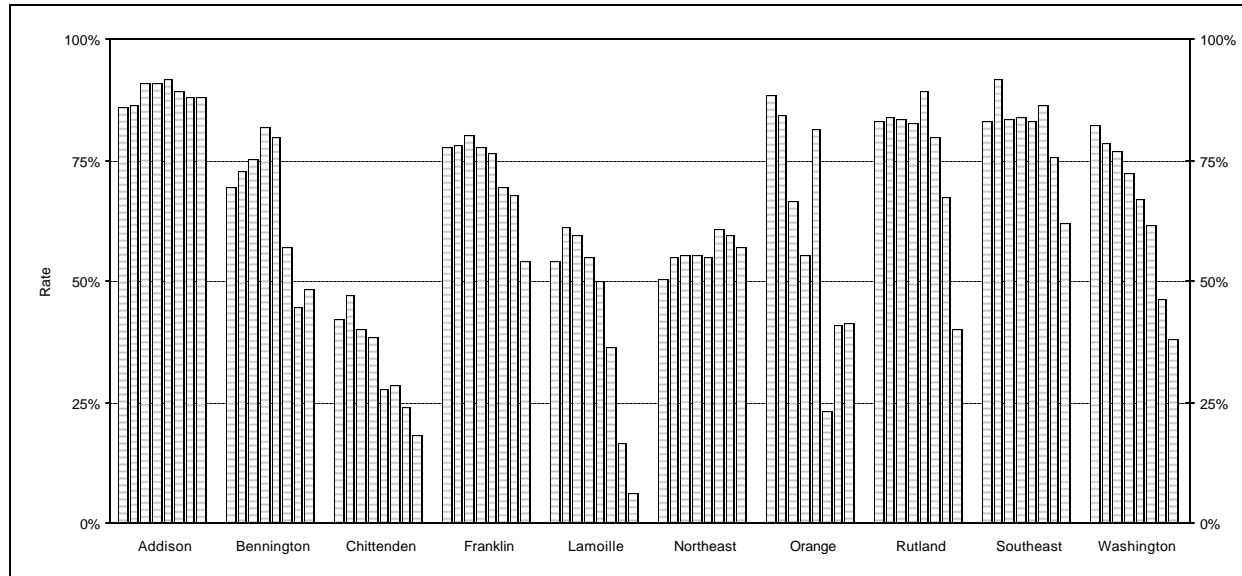
If you have any questions or comments, please send e-mail to pip@ddmhs.state.vt.us, or give one of us a call (802-241-2638 for John, or 802-241-2682 for Bill).

**RECIPIENTS OF CASE MANAGEMENT, CHEMOTHERAPY, AND PSYCHOTHERAPY SERVICES
COMMUNITY REHABILITATION AND TREATMENT CLIENTS WITH A DIAGNOSIS OF SCHIZOPHRENIA: FY 1997**



	Statewide	Addison	Bennington	Chittenden	Franklin	Lamoille	Northeast	Orange	Rutland	Southeast	Washington
Served #	1,265	67	62	290	87	63	126	53	139	156	222
Case #	1,171	64	54	279	69	53	120	51	127	148	206
Mgt.	93%	96%	87%	96%	79%	84%	95%	96%	91%	95%	93%
Chemo.#	1,074	62	56	222	78	45	97	47	127	140	200
Psycho. #	524	59	30	53	47	4	72	22	56	97	84
	41%	88%	48%	18%	54%	6%	57%	42%	40%	62%	38%

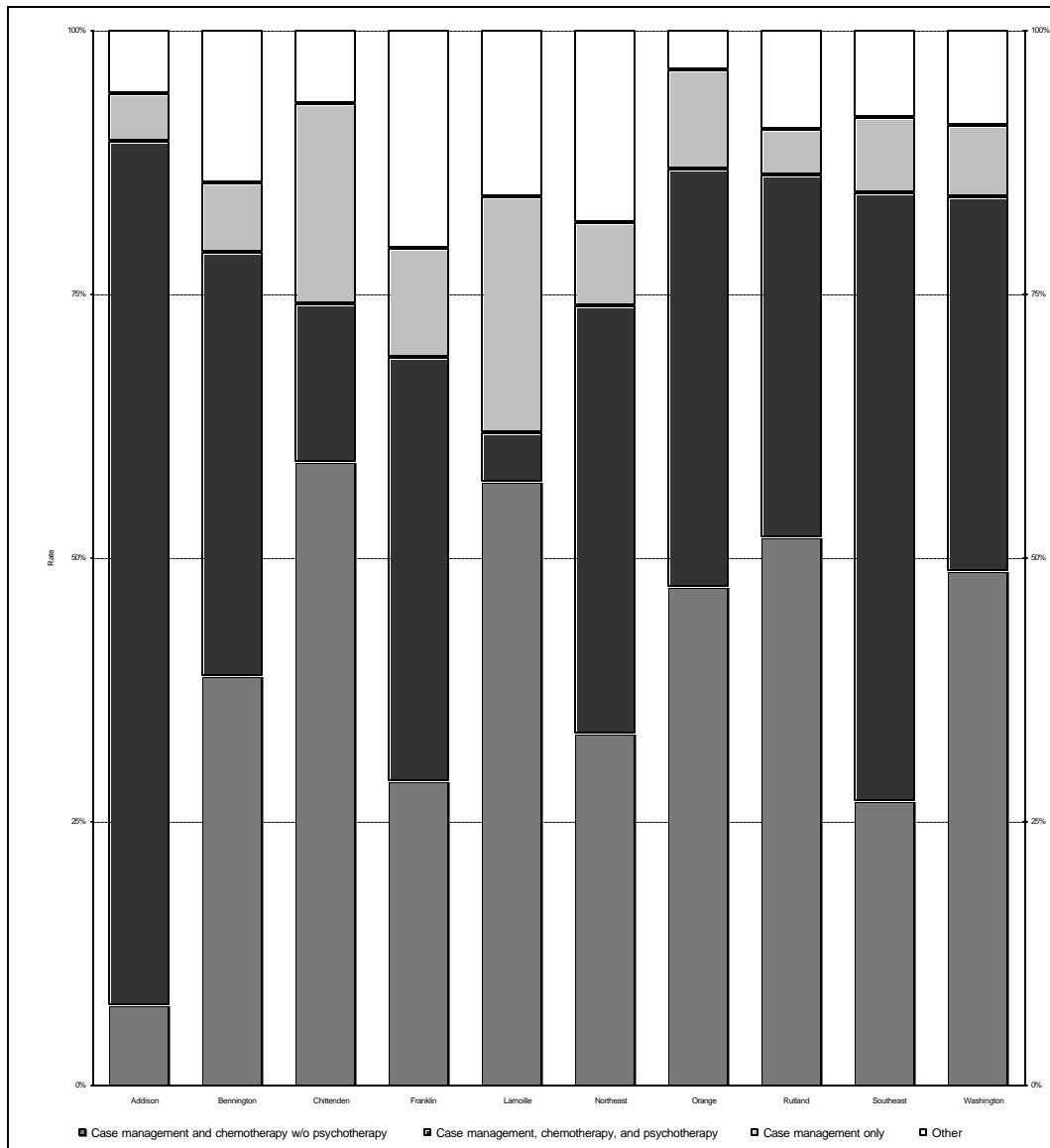
CLIENTS WITH A DIAGNOSIS OF SCHIZOPHRENIA RECEIVING PSYCHOTHERAPY SERVICES COMMUNITY REHABILITATION AND TREATMENT PROGRAMS: FY1990 - FY1997



	Statewide	Addison	Bennington	Chittenden	Franklin	Lamoille	Northeast	Orange	Rutland	Southeast	Washington
FY1997	41%	88%	48%	18%	54%	6%	57%	42%	40%	62%	38%
FY1996	50%	88%	45%	24%	68%	16%	59%	41%	67%	76%	46%
FY1995	57%	89%	57%	28%	70%	36%	61%	23%	80%	87%	61%
FY1994	62%	92%	80%	28%	76%	50%	55%	82%	89%	83%	67%
FY1993	66%	91%	82%	38%	78%	55%	55%	56%	83%	84%	72%
FY1992	68%	91%	75%	40%	80%	60%	55%	67%	84%	83%	77%
FY1991	71%	86%	73%	47%	78%	61%	55%	84%	84%	92%	78%
FY1990	69%	86%	70%	42%	78%	54%	50%	89%	83%	83%	82%

Data is based on Quarterly Service Reports (QSR) submitted by Vermont's community service providers and includes people assigned to the Community Rehabilitation and Treatment Programs who have a diagnosis of schizophrenia (295.00 thru 295.99) receiving psychotherapy services provided by CMHC's.

**Practice Patterns in the Treatment of Schizophrenia
Consumers Receiving Different Combinations of
Case Management, Chemotherapy, and Psychotherapy
Community Rehabilitation and Treatment Programs in Vermont: FY 1997**



	Statewide	Addison	Bennington	Chittenden	Franklin	Lamoille	Northeast	Orange	Rutland	Southeast	Washington
Total Served #	1,265	67	62	290	87	63	126	53	139	156	222
Case management and chemotherapy w/o psychotherapy	43.5%	7%	39%	59%	29%	57%	33%	47%	52%	27%	49%
Case management, chemotherapy, and psychotherapy	35.7%	82%	40%	15%	40%	5%	40%	40%	35%	58%	36%
Case management only	10.4%	4%	6%	19%	10%	22%	8%	9%	4%	7%	7%
Other	10.4%	6%	15%	7%	21%	16%	18%	4%	9%	8%	9%
Other includes:											
Chemotherapy only	3%	0%	5%	2%	7%	8%	2%	2%	1%	4%	5%
Case management and psychotherapy w/o chemotherapy	3%	1%	2%	3%	0%	0%	13%	0%	1%	3%	2%
Chemotherapy and psychotherapy w/o case management	2%	3%	6%	0%	14%	2%	2%	0%	4%	1%	0%
No services	1%	0%	2%	1%	0%	6%	0%	0%	3%	0%	1%
Psychotherapy only	1%	0%	0%	0%	0%	0%	2%	2%	1%	0%	0%

Practice Patterns in the Treatment of Schizophrenia Consumers Receiving Different Combinations of Case Management, Chemotherapy, and Psychotherapy Community Rehabilitation and Treatment Programs in Vermont: FY1990 - FY1997

